

Wheat

This unprocessed whole grain is used primarily for distribution in emergency situations and in Food for Work programs, and to a lesser extent in other feeding programs. It is widely used as a commodity for monetization programs. Please note that wheat is normally processed in-country into flour. The nutritional values listed below for wheat may change significantly when wheat is processed, and these changes will vary with mode of milling and processing.

1. NUTRITIONAL VALUES (per 100 g)

These are average values, taken from the U.S. Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database, Release 12, Laboratory Home Page, (<http://www.nal.usda.gov/fnic/foodcomp>). These nutrient values are provided as a guide for use in the calculation of food aid rations; users should be aware that shipments of food aid may vary from these exact values.

2. COMPONENTS

100% wheat.

3. SPECIFICATIONS

Class: Durum, Hard Red Spring, Hard Red Winter, Soft Red Winter, Hard White, Soft White, Unclassed, or mixed.

Grade: No. 2 or better.

Protein: Ordinary.

Moisture (Max.): 13.5%

Dockage: 1% or less.

Test weight (Min.): 57.0 lb/bu for Hard Red Spring; 58.0 lb/bu for other classes.

(Source: USDA:FSA:PDD:EOB April, 1996.
Contact 202-690-3565
<http://www.fas.usda.gov/excredits/pl480/commodities/wheat.htm>)

4. PACKAGING

50 kg (110.23 lb.) woven polypropylene bags. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

Nutrient	Amount	Unit
Water	11.8	g
Energy	333.5	Kcal
Protein	11.7	g
Total Lipid	1.8	g
Carbohydrate	73.3	g
Fiber, total dietary	12.45	g
Ash	1.6	g
Calcium	32	mg
Iron	4.28	mg
Magnesium	108	mg
Phosphorus	345	mg
Potassium	399	mg
Sodium	2.0	mg
Zinc	3.1	mg
Copper	0.4	mg
Manganese	3.7	mg
Selenium	35	mcg
Vitamin C	0	mg
Thiamin	0.40	mg
Riboflavin	0.11	mg
Niacin	5.12	mg
Pantothenic acid	0.9	mg
Vitamin B-6	0.3	mg
Folate	39	mcg
Vitamin B-12	0	mcg
Vitamin A	0	IU
Vitamin E	1.4	mg-ATE
Vitamin D	N/a	IU
Iodine	N/a	mcg

5. SHELF LIFE

At least one year. See "Section III: Storage/Shelf Life Specifications" for more information.